

Higher National Unit Specification

General information for centres

Unit title: Principles of Fitness Training

Unit code: DD34 34

Unit purpose: The unit introduces the candidates to the importance of the principles of fitness training, and the key physical conditioning methods. The unit will provide candidates with the relevant underpinning knowledge.

On completion of this unit the candidate should be able to:

1. Define and explain the principles of fitness training.
2. Apply the principles to methods of training used in a fitness training programme.

Credit value: 0.5 HN Credit at SCQF level 7: (4 SCOTCAT credit points at SCQF level 7*)

**SCOTCAT points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCOTCAT points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to doctorates.*

Recommended prior knowledge and skills: It would be beneficial for candidates to possess an understanding of, or practical experience in coaching. This could be evidenced by achievement of Units Human Physiology in the Development of Performance (D681 12), Basic Sports Coaching Techniques (D0V9 12). Ultimately, entry is at the discretion of the centre.

Core skills: There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

Context for delivery: If this Unit is delivered as part of a group award, it is recommended that it should be taught and assessed within the subject area of the group award to which it contributes. This unit is included in the framework for the HNC/D Sports Coaching with Development of Sport.

Assessment: The unit will be assessed by two instruments of assessment covering both unit outcomes. These will take the form of a restricted response question paper and one project. The restricted response question paper will be completed under supervision and the project will be the completion of a training programme.

General information for centres (cont)

Unit title: Principles of Fitness Training

Exemplar instruments of assessment and marking guidelines have been produced to indicate the national standard of achievement required at SCQF Level 7.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Define and explain the principles of fitness training.

Knowledge and/or skills

- Components of fitness
- Principles of FITTA (Frequency, Intensity, Time, Type, Adherence)
- Principles of training

Evidence requirements

To achieve this Outcome each candidate will require written evidence to demonstrate their understanding on the aspects of the knowledge and/or skills section. Each candidate will be required to define and explain the principles of fitness training. The instrument of assessment will be a restricted response question paper. An acceptable standard of achievement will be where the candidate can demonstrate competence by achieving half of the available marks for each of the sections on knowledge and/or skills, while achieving a minimum overall mark of 70%. The evidence will be produced under exam conditions.

Assessment guidelines

Candidates are required to produce accurate written responses that clearly demonstrate their understanding of the principles of fitness training.

Higher National Unit specification: statement of standards (cont)

Unit title: Principles of Fitness Training

Outcome 2

Apply the principles to methods of training used in a fitness training programme.

Knowledge and/or skills

- Circuit training
- Resistance Training
- Interval training
- Plyometric training
- Cardio-vascular training
- Flexibility training

Evidence requirements

To achieve this outcome candidates will be required to demonstrate their understanding of all aspects of the knowledge and/or skills section. The Instrument of Assessment will be a project requiring the production of a training programme. Each candidate will be required to prepare a 6 week fitness programme for a beginner using appropriate methods of training, which integrate 3 fitness components. The fitness programme must include an appropriate choice of content and show an appropriate application of the Principles of FITTA.

Assessment guidelines

Candidates would be required to produce a 6 week fitness programme for a beginner, using appropriate methods of training, for 3 fitness components, including appropriate content and appropriate application of FITTA.

Administrative Information

Unit code: DD34 34

Unit title: Principles of Fitness Training

Superclass category: MD

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Higher National Unit specification: support notes

Unit title: Principles of Fitness Training

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 20 hours.

Guidance on the content and context for this Unit

The unit is likely to form part of a group award and is primarily designed to provide candidates with the basic knowledge to design a fitness training programme for a beginner performer.

This unit provides the basic principles of fitness training, and so could help to develop other mandatory and optional units in the course. It is therefore likely that the unit will be delivered early in year one of the HNC award.

Outcome 1 looks at the identification and explanation of the principles of fitness training, candidates should be familiar with the following:

Components of fitness

- Aerobic capacity
- Muscular endurance
- Flexibility
- Strength

Principles of training

- Progression
- Adaptation
- Variation
- Specificity
- Reversibility
- Individual differences
- Overload
 - Frequency
 - Intensity
 - Time
 - Type
 - Adherence

Outcome 2 looks at the candidate designing a 6 week fitness training programme for a beginner based on 3 fitness components with appropriate content and the application of FITTA for an appropriate choice of training methods.

Higher National Unit specification: support notes (cont)

Unit title: Principles of Fitness Training

Training methods include:

- Aerobic capacity - circuit training, interval training, cv training
- Muscular endurance - circuit training, resistance training, plyometric training
- Flexibility training - flexibility training
- Strength training - circuit training, resistance training, plyometric training

Each 6 week training programme will include:

- Appropriate methods of training
- 3 Fitness components
- Appropriate choice of content (using appendices to detail content).
- Appropriate application of the Principles of FITTA

Guidance on the delivery and assessment of this Unit

It is evident that some elements of this unit will be delivered in a theoretical manner, but it would be beneficial if, where possible, this could be backed up with practical application.

The unit provides the candidate with the opportunity to demonstrate their understanding of the principles of training and how these apply to the sports performer. It would be beneficial if this unit was delivered near to the beginning of an HNC award, and then the basic knowledge can be built upon throughout the rest of the year.

Group sizes will dictate the time and allocation of space, and this should be taken into account when the candidate is being assessed.

Outcome 1 will be assessed by restricted response questions, and outcome 2 will be assessed by the production of a 6 week fitness programme for a beginner performer.

Open learning

This unit could be delivered by distance learning. However, while candidates can study out with the centres using materials provided, it would be necessary to attend the centre for assessment purposes. For further information on Open and Distance Learning, please refer to the SQA publication, Assessment and Quality Assurance of Open and Distance Learning (SQA 2000).

Higher National Unit specification: support notes (cont)

Unit title: Principles of Fitness Training

Special needs

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering special alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance on Special Assessment Arrangements* (SQA, 2001).

General information for candidates

Unit title: Principles of Fitness Training

This unit introduces you to the components of fitness and how we can apply the fitness principles to increase sporting performance.

The unit looks at defining and explaining the fitness training principles, and the subsequent application of that knowledge into a fitness training programme.

On completion of this Unit you will be able to identify and explain the fitness training principles and plan a 6 week fitness programme for beginners for 3 different fitness components, which clearly shows the application of FITTA and the appropriate training methods are adopted.

The unit will be assessed using 2 instruments of assessment. Outcome 1 will be assessed by restricted response questions and Outcome 2 will be assessed by a project to produce a 6 week fitness programme, for a beginner performer.

BIBLIOGRAPHY

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